

PAULA McCLURE
mood spa™ system

A step-by-step plan
to help you create
a mood of balance
in your life!

MOOD JOURNAL

BY JAMES DONALDSON ON BEHALF OF PAULA McCLURE

Paula McClure Mood Spa System

A step-by-step plan to help you create a mood of balance in your life!

Mood Journal

Copyright 2000

by Paula McClure

Mood Spa, Inc.

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Dedications

To my parents Fannie and James McClure who have loved and supported me financially, emotionally and spiritually through all my wild, crazy adventures.

To my sister Rhonda Ector who has supported me through everything in my life. She is my rock. She is my role model of a real woman.

To Mood Spa Pres. Barbara Hyder who is the leader of my dream, the watchful eye who understands me and a woman of solid vision.

To Mood Spa VP Lee Jukes whose loyalty, love and listening keep me on the right track. Oh yeah, her honesty too!

To Mood Spa Director of Marketing Rachel Lane whose dedication to excellence, tireless research and writing excellence have made this project come to life.

To Mood Spa Promotions Manager Jef Tingley who since of humor, powerful promotional words and dedication keep me balanced and happy.

To Mood Spa Human Resources Director Donovan Lord who has always made sure we were financially sound, operationally solid and technically smart.

To Project Consultant Cheryl Halpern whose insight, organized spirit and perspective were a great asset to our team.

To Todd Witthorne, Pres./COO, Cooper Concepts, for his belief and support of my dreams, his insightful thoughts and humorous advice.

To Roseann Hart and the Hart Agency team whose creative words, spirit and public-relations savvy have taken us to a new level.

To David Singer and the Fresh Produce team whose amazing production skills and exceptional creativity have brought my dream to life on tape.

To Caroline Summers and the sinbox team who know what women want, how to speak to their hearts and what it takes to deliver the right message.

To Ellsworth Hercules who has helped us to see the big picture, supported us tirelessly and encouraged us with his big heart and caring nature.

A personal dedication from James Donaldson to Paula McClure

I first got to know Paula back in the mid-1980s when I was a member of the NBA Dallas Mavericks.

She was really making her mark then as a local news reporter, but she had much greater aspirations and soon moved off to Los Angeles and even starred in a couple of feature films.

What can I say about my friend Paula other than, I miss her dearly. She passed away of brain cancer just as her book, Paula McClure's Mood Spa System, was completed and she never really got a chance to market it and publicize it the way that it should have been.

She was one of my dearest friends during the many years that I knew her, and got to know her family just as well, her wonderful parents, James and Fanny McClure. I would be a frequent guest at their house, just being part of the family.

Paula was always so full of positive energy, and the vibrancy that went along with her excellent character, her intelligence and her "supermodel" looks. I don't know if I've ever met anybody who was the "complete package" other than Paula McClure.

I've stayed in touch with both of her parents in the many years since Paula passed, and her father, James, passed away in 2020. I've grown to love all of them as if they were my own family.

Fannie and I frequently chat on the phone to check in with each other. She let me know a couple years ago, that she has a storage unit full of Paula's books and she just wasn't sure what to do with them. She knew that I had authored and published a couple of books, and asked me if I would take on the project to "republish" Paula's book along with some of my own personal insights. I told her I would be more than happy to do so not only in remembrance of Paula, because that's what we do with "family".

So, I wanted to write my own personal dedication to Paula and to let all of the readers know who we are, and the great friendship that we enjoyed with each other years ago.

I hope that the readers of this book really benefit from all the wonderful information that will go a long ways towards helping you maintain that balance in life between work and enjoyment. Paula wrote the book to really benefit women, and the additions that I added, hopefully will go a long ways towards benefiting everyone.

Thank you so much for purchasing this book, and I pray that all of you will somewhere along life's journey enjoy and experience a true friendship and love that I have for Paula and for her family.

My contributions to this wonderful book will be at the end of every chapter. Since one of the favorite activities Paula and I enjoyed so much was going to church service, you'll see a little religious reference in italics, and it will mainly pertain to things all of us can do for a more fulfilling and balanced life. She would like that! But, overall, this book is filled with useful information for everyone to enjoy!

Blessings!!!

Sincerely, James Donaldson

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Introduction

We all strive to be perfect and master every phase of our lives, our work, our homes and even our families. But at the end of the day, we ask ourselves, what have I done today? Why am I so tired all the time, so hurried? We crave those precious moments when we can nurture our minds, bodies and spirits. But how do we find them? Where is the balance? Is “balance” a foreign word? Or is it really attainable?

After 20 years in the television news and entertainment business, I found myself totally out of balance. I was losing control of me. My life was running me – I was not running my life. I wanted to be the very best TV host/reporter. I refuse to turn down assignments or opportunities that I thought might even remotely help me to catapult me to the top of the TV industry.

I had a therapist tell me, “the road to success and reward is not always the fast track, but rather the smart track.” I began to see my life unfolding before me. I experienced the elements of stress, tension and pressure hitting me from all angles. I knew something had to change if I hope to reclaim control of my destiny.

I jumped off the fast track – left behind the agents, the bright lights, the shelf full of awards, the life of celebrity and 15 minutes of fame – to pursue what I knew in my heart was the real me, the woman craving balance and serenity in life.

I never realized my background as a TV fashion and beauty reporter for ABC Network’s The Home Show was laying the groundwork for The Paula McClure Mood Spa System. I remember meeting hundreds of women who wanted makeovers, who wanted a different eye shadow, who wanted to learn to wear their hair differently, who wanted to try a new color of lipstick and style of dress. But many admitted to me that what they really wanted was to change the mood of their lives – not just their old shade of lipstick!

The concept of balance and the ability to make over your life really didn’t hit me until the year I covered spas. I remember experiencing for the first time a real mind, body and spirit connection. It wasn’t just the mud wraps and the facials I enjoyed, but the balance and serenity I experienced while at the spas. I began to ask myself, “why can’t every day be like this with time for balancing and centering myself?”

Right in the middle of all these revelations, I became involved in an abusive relationship with the man I thought I’d loved. I turned my power and control over to another person. I crave love from this person more than loving myself. I was stripped of my self-esteem, bringing me to the lowest point of my life. That was my wake-up call from God.

I left a relationship vowing never let anyone or anything ever again steal my joy. I decided to embark on the journey of making over my life and taken control of my own destiny. I needed to take charge of my moods, my emotions and spirit.

I needed to return to the balance and serenity that I had experienced in fleeting moments at spas and I vowed that I would incorporate these feelings into my everyday life.

My quest took me home to Dallas, to a comfortable place as a television talk show host on the popular morning show. I begin pursuing my goal. For me, having balance and serenity required finding a career where I could work my passion. I started laying the groundwork for my life I really wanted by meeting with wellness, spa and business experts. From my research, I formulated a business plan to create my spot and begin putting the plan into action.

After winning an Emmy award, interviewing Oprah Winfrey and hundreds of other powerful women, I walked away from it all to continue my search of balance and peace. I established an urban retreat located minutes from the fast pace of downtown Dallas. The Mood Spa was born to become a haven for nurturing the body and inner self in a place of total peace, comfort, luxury and serenity.

However, I wanted to do more. During one year of listening to women's comments, I heard more about their need for serenity and balance than their need for exfoliation and waxing. I realize that I was providing only a part of the solution for wellness and balance.

I wanted to create a program that would focus on the myriad of moods that women experience. I wanted to nurture their spirits and empower them to gain control of their moods and their lives, so that they could ultimately achieve balance, simplicity and moments of peace in their homes, work and relationships.

Usually when we hear about moods, we think of PMS, menopause or "that time of the month." After reflecting on criticism women often hear about their moods, I begin to understand that "mood" is not a four letter word. For example, why is being "moody" automatically considered a negative quality? Women experience a wide varieties of moods each day. I wanted to help women focus on the positive moods that impact and shape their lives. I believe that women should harness the power of their moods and not give the power to influence her moods away to other people.

Out of this belief and understanding, I created The Paula McClure Mood Spa System, the first program to help women reshape their lives in a step-by-step process. The Mood Spa System is a 30 day plan to help you evaluate your life, we discover your passions and gain control of your moods and emotions in order to find your perfect balance for living the life you want.

Begin your journey as I did, one day at a time. Congratulate yourself for making the decision to reclaim, reconnect and rediscover your inner self.

Blessings,

Paula



Letter of Acknowledgment and Permission

My name is Fannie McClure, mother of Paula McClure, the original author of the Paula McClure Mood Spa System. I want to acknowledge and to give permission to James Donaldson to have the full rights to publish and copyright an updated version of Paula's book.

James has been a dear family friend for almost 40 years. During this time with the Dallas Mavericks, he would be a frequent guest at our home and has always been welcome. He and Paula were dear friends for many years.

Paula, sadly and unfortunately passed away in 2002 after a bout of brain cancer.

She was ever the "go-getter" and highly accomplished in everything that you set out to do. One of the last endeavors she embarked upon, was to publish the Paula McClure Mood Spa System workbook. But, shortly afterwards she fell ill and was no longer able to put all her efforts into promoting and marketing the book the way that it could've been and should have been done back in 2000.

James is the author of a couple of published books, and he has agreed to update and revise Paula's book and the both of them will be co-authors of the new revision.

I have all the confidence in the world that he will do a wonderful job, and he has my blessing and full support.

With gratitude,

Fannie McClure

How the Mood Spa System Mood Journal Works for You

The Paula McClure Mood Spa System was created to help women find balance, peace and serenity in their lives. This 30 day Mood Journal that has helped me and others reclaim, reconnect and rediscover the life we really want.

As you follow the 30 day program, take time to reflect on the little things that you are doing to bring balance and peace to your life. You can go back to any day in the journal. Add your thoughts, your insights, how you're feeling, what you have accomplished, and praise yourself each day for simply taking a step towards making over your life.

Recognize that each day is a step toward leading your own life instead of letting your life lead you! Many of us have not written down our thoughts since our days of diary writing as teenagers. We may think we know ourselves, but when we put our thoughts on paper, sometimes we are surprised!

Journals, diaries and calendars help us chronicle the events of our lives. These events shape her moods, emotions and situations. When we are not in touch with our inner person, we cannot grow to the next level. Until we know and love ourselves, we cannot change the things that keep us from growing and we cannot deal with people and situations that stop us from being our very best.

Journaling is an integral part of the Mood Spa System. Before you actually write in your Mood Journal each day, take a moment to go to your own quiet place. At first, this may seem difficult, even impossible, but don't give up. Gently empty stress from your mind and feel a moment of peace.

Now you're ready to begin to move through the three phases that make up the Mood Spa System.

In the First Phase, you learn how to "reclaim" the essence of you. Too many of us avoid ourselves because we are afraid of what we might find. You'll begin to look at old behaviors and consider new ones.

In the Second Phase. You find out ways to "reconnect" not only with your inner self, but with those around you.

The Third Phase helps you to find ways to create peace, solitude and serenity in your life so that you can "rediscover" old pleasures, new joys and begin to chart your course toward achieving balance in your life... every day.

Mood Discovery

Each day explores a different mood or feeling to help you through the process of achieving peace and balance in your life. I'll utilize personal examples, humor and inspirational thoughts to give you a fresh perspective on that day's mood.

Mood Reflection

Each day, you'll take time to write down your feelings, thoughts and comments in the "mood of the day" exercise. This is an important part of the process on your path towards creating peace and balance in your life.

When you finish the Mood Reflection section, take a few moments to reflect on what you have written. Some thoughts may surprise you. Some may trigger sadness and even make you cry. Some may bring joy. Then I urge you to pray or meditate and allow your spirit to be cleansed. Take your soul to a place of solitude and rest where you will find your inner self.

Mood Makers/Mood Breakers

Take a moment and think about the little things in your life that bring you joy, make you feel good, bring a smile to your face, lift your spirits or pep you up. Those are what I call Mood Makers. They can be anything: a hug from a good friend, the smell of fresh flowers, recognition for a job well done, the feel of a cool breeze on your face or a beautiful beach.

Now let's talk about Mood Breakers. These are the little demons and life that push your buttons, make you angry and create stress. Your Mood Breakers could include a speeding ticket, hurtful comments from a friend, getting caught unprepared for meeting or a bad haircut. It may seem negative to list your Mood Breakers, but not acknowledging life's hurts, sorrows and fears is what gives them power.

Explore your moods. Write them down! Except each ideal as it pops into your head. Writing down the things in your day that cause your moods to change is important. Don't worry about how you write it. Let it flow from your heart.

Mood Makeover

The Mood Makeover gives you specific actions and steps to impact your mood and get you in the mood of the day. I wanted to create a plan that not only told you about happy, positive moods, but actually walks you through the steps to experience and incorporate these moods into your everyday life.

Mood Moments

Mood Moments is a free-form area where you may explore and discover your moods and emotions.